

# Monterey Chicken Flat Bread

## Ingredients

- 1/2 tsp vegetable oil
- 1/2 clove garlic, minced
- 5 oz frozen cooked diced chicken
- 1/2 cup green bell peppers, chopped
- 1/2 cup onions, chopped
- 1/2 tsp taco seasoning
- 1/8 tsp cumin
- 2 whole grain flatbreads
- 1/2 cup shredded mozzarella cheese, low fat

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 flatbread

**Nutrition Facts:** 183 calories, 5.79 g fat, 1.56 g saturated fat, 296 mg sodium, 17.39 g carbohydrate, 2.2 g fiber, 2.3 g sugar, 14.71 g protein

## Directions

1. In a large pot on medium heat on stovetop, place oil, garlic, and chicken. Cook until chicken is thawed, or if already thawed, for 3 minutes.
2. Add peppers, onions, and seasonings. Cook for an additional 5 minutes or until peppers and onions are tender. Internal temperature must reach 165° F.
3. To serve, place chicken mixture on each flatbread. Top with cheese and return to oven to allow cheese to melt, about 5 minutes.

